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Superintendent of Public
Instruction

Arizona Department of Education



Providing the latest dish on School Health and Nutrition News and Information

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Local Educational Agencies in Southern Arizona Receive Grant to Create Wellness Policy

Last school year the Arizona Department of Education (ADE), in partnership with the STEPS to a Healthier Arizona (STEPS) Initiative, awarded mini grants to four schools in southern Arizona to implement a healthy school environment model policy. Keeping with the goal of combating childhood obesity, a new round of mini grants has recently been awarded to five Local Educational Agencies (LEAs) in southern Arizona to create and implement a local wellness policy. The new 2006 STEPS mini grants were funded through the STEPS Initiative and awarded to LEAs in Cochise County, Yuma County, Santa Cruz County, and the Tohono O'odham Nation.

The mini grants were designed to provide LEAs in southern Arizona with funding to create a local wellness policy by the first operating day of the 2006-2007 school year. Also, funding was utilized to attend the Tools for Healthy Schools conference (sponsored by ADE) in January for local wellness policy training, begin implementation of the policy in fall 2006, strive to establish/ utilize school health councils, and use the CDC's School Health Index. Congratulations to the 2006 STEPS mini grant recipients!

- **Santa Cruz Valley Unified School District**
- **Nogales Unified School District**
- **Fort Huachuca Accommodation Schools**
- **Douglas Unified School District**
- **Tombstone Unified School District**

The Arizona Department of Education continues to offer support to LEAs for creating healthy school environments by offering Team Nutrition mini grants, STEPS Initiative mini grants, and coming soon, ADE will be providing funding and technical assistance for selected LEAs to implement the Nutrient Standard Meal Pattern.

Circulate to:

☐ Principal

☐ School Nurse

☐ Health Teacher

☐ Kitchen staff

☐ Business Manager

☐ Secretary/Bookkeeper

Summer Food Simplified for Arizona!

The Simplified Summer Food Service Program option became available to Arizona sponsors on January 1, 2006. Arizona is the twentieth state to participate in this program nationwide.

The Simplified option reimburses each meal at the Traditional Summer Food rates, which are substantially more than the Seamless rates. This allows for sponsors currently unable to expand due to financial constraints, the opportunity to run more sites or extend their serving hours.

ADE will be offering trainings on the new Simplified program beginning in March 2006. All LEAs who intend to operate the Simplified SFSP this summer will be **required to attend** one of the trainings offered. The trainings will provide more in-depth information on the Simplified program and how it differs from the Seamless option. To register for training, go to www.ade.az.gov/online/registration.



Point of Service Impacts Food Selection in High School

A recent study detailed in the *Journal of Child Nutrition and Management* found that high school students altered their food choices based upon the availability of nutrition information, especially calorie and fat content. The study involved students eating at high school cafeterias in participating school districts throughout Pennsylvania.

The school food service operated as normal during the first six weeks for the 2003 Fall Semester. For the next six weeks of school, districts posted nutrition information for each entrée item at the point of selection. With the nutrition facts posted, there was a noticeable increase in the selection of healthier items such as cheese pizza instead of pepperoni pizza or hamburgers instead of cheeseburgers. These changes in consumption were directly related to students utilizing the nutrition information available to compare labeled items.

School food service directors could easily apply this study to their own school food service operations by making or laminating food nutrition labels and posting them on the serving line. Over time, students who change their eating behaviors to choose more healthier foods will have an increased chance of maintaining an appropriate weight and developing healthy eating habits that will last a lifetime.

Conklin, M., Carnage, D. & Lambert, C. (2005). *Nutrition Information at Point of Selection Affects Food Chosen by High School Students*. *Journal of Child Nutrition & Management*. Retrieved on November 23, 2005 from <http://docs.schoolnutrition.org/newsroom/jcnm/05spring/>

A Healthy Start

A typical school day for most children is busy and rushed and many miss the most important start to their day, breakfast! It has been said time and time again, "Kids learn better when they eat a healthy breakfast". We know that this is true and many districts ensure that a healthy breakfast is available during testing weeks, but what about the rest of the school year? Does eating breakfast on a daily basis really make that much of a difference? The answer is, yes!

A breakfast study in Maryland entitled the "Maryland Meals for Achievement (MMFA)" was started to see if feeding breakfast to children in the classroom free of charge would help to improve students' nutrition and academic achievement. The results were stunning and found that the more kids ate breakfast at school, the better their grades were. They also found a decline in tardiness and suspensions¹. Another study by Harvard researchers found that hunger can cause or perpetuate behavioral problems. Hungry children were more likely to disobey teachers, get into fights, steal, and violate rules².

In a time when obesity is on the rise, many people falsely believe that nutrition programs are no longer needed. The opposite is true, however. Although kids may be overweight, they may not be getting the nutrients they need to truly thrive and develop appropriately. A school breakfast program ensures that kids are receiving a nutritionally balanced meal. In fact, USDA's School Nutrition Dietary Assessment Study showed that on average, breakfasts served in school were more nutritious than breakfast served at home³.

So, what can School Nutrition Professionals do about the lack of morning brain food? They can start or expand on their current breakfast program. There are a variety of ways to serve breakfast and one will most likely work for your school. For more information about starting or enhancing a breakfast program, visit the School Nutrition Association's website at www.schoolnutrition.org. In addition, you can contact your School Nutrition Specialist at ADE to learn more about the logistics of starting or expanding a breakfast program in Arizona. **Finally, be on the lookout for a new School Breakfast webpage developed by ADE with plenty of advice on starting a breakfast program in your school!**

¹"Classroom Breakfast Scores High in Maryland", Maryland State Department of Education, 16 Jan. 2006, [http://www.marylandpublicschools.org/MSDE/programs/schoolnutrition/meals_achieve.htm]

²"New Harvard Research Shows School Breakfast Program May Improve Children's Behavior and Performance", *KidSource Online*, Kellogg Company, 16 Jan. 2006, [www.kidsource.com/kidsource/content4/breakfast.html]

³"School Nutrition Dietary Assessment Study II, Summary of Findings", USDA Food and Nutrition Service, 16 Jan. 2006, [<http://www.fns.usda.gov/oane/MENU/Published/CNP/FILES/SNDIIfindsum.htm>]

Tools for Healthy Schools helps schools build successful Wellness Policies

ADE is pleased to announce the success of Tools for Healthy Schools in 2006. Speakers included Anu Pejavra from the Centers for Disease Control, Naomi Butler from California Project Lean, Laura Walter from USDA, and the presidential nominee for the American Dietetic Association, Connie Diekman. Participant reviews were very positive indicating the seminars were extremely helpful. ADE was pleased to have school administrators, food service directors, school nurses and physical education teachers present as they all play a critical role in the development of a comprehensive wellness policy. Further training on the new Arizona Nutrition Standards for grades K-8 will be available this fall. Additional information will be forthcoming. For more information on the wellness policy regulation please visit our website at www.ade.az.gov/health_safety/cnp/nslp/Operating/Wellness/.



New Food Guide Pyramid Explained

MyPyramid is meant to represent an individualized approach to healthy eating and physical activity. To show this, USDA took the original Food Guide Pyramid and tipped it on its side. Now the five food groups are portrayed as vertical colored bands spanning from the base of the Pyramid to the top; each colored band represents a different food group.

The new Pyramid symbol shows:

- **Variety:** The different colored food group bands symbolize variety, meaning that all food groups are needed daily for good health.
- **Proportionality:** The widths of the food group bands suggest how much an individual should choose from that food group. Of course, they are a general guide, and not exact proportions.
- **Moderation:** The narrowing of the food groups from bottom to the top symbolizes moderation. The wider base of the Pyramid represents foods that have little added sugars and fats, while the narrower top represents foods that contain more added sugars and fats. Being more active allows a person to consume more of these foods.

The new Pyramid is similar to the original in that there are still five food groups—grains, vegetables, fruits, milk, and meat & beans. However, one major change from the original Pyramid is the addition of a physical activity component. Physical activity is depicted with a figure climbing steps of a staircase next to the Pyramid. The icon was added to stress the importance of balancing dietary intake with daily physical activity.

Another major change to the Pyramid is how the food portions are communicated. Instead of counting food groups in servings, the new Pyramid communicates the guidelines in ounces and cups which are more measurable and recognizable guides for each food group.

The MyPyramid Plan has an online feature where a person can enter their information to receive a customized food guide. There is also a wealth of tips and resources available that correspond to each food group to help someone achieve a healthy diet. This online feature also has a dietary and physical activity assessment tool that provides information on a person's diet quality and physical activity status. It also contains related nutrition messages and links to nutrient and physical activity information.

MyPyramid's central message, *Steps to a Healthier You*, supports President Bush's HealthierUS initiative which is designed to help Americans live longer, better and healthier lives.

“Many Americans can dramatically improve their overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives,” USDA Secretary Mike Johanns said. The MyPyramid icon was designed to be deliberately simple so that consumers would easily understand its overall message.

Welcome New Staff

I would like to take this opportunity to welcome our newest Food Distribution member, Danielle Bowman. Danielle joined the department in January as the Administrative Assistant and we are glad to have her on our team. She will be working with surplus lists and general (non-survey and non-processed) A & B allocations. If you have any questions about these items or if you just want to introduce yourself to Danielle, you may call her at (602) 542-8729 or send her an e-mail at danielle.bowman@azed.gov. Also, I want to remind you that our Food Distribution fax number is (602) 542-6978.

It's Survey Time

It's that time of year again! It is time to complete the Planned Usage and Processing Surveys for School Year 2006-07. Here are the survey deadlines:

Processed Cheese

February 10th

Planned Usage

February 10th

Other Processing

March 24th

When you are completing your surveys, please keep in mind the new ARS15-242 nutrition standards that will be in effect starting next school year. A copy of these standards can be found on the NSLP website. If you have any questions about these surveys or other processing questions, please contact Leona Benally @ (602) 364-1965 or myself @ (602) 542-8781.

Tina Herzog
Food Distribution
Program Director

Alternate Claiming methods available for qualified sponsors

Special Assistance was created to assist schools that have a high free and reduced rate with administration relief. The program allows schools to be exempt from application collection for 3-4 years (called non-base years). In turn the school must provide meals to all students at no charge.

Is your school's free/reduced percentage greater than 75%?

Sponsors with a high free and reduced rate would benefit from the administrative relief of not having to collect and process applications. The reduction in labor cost will offset the loss of revenue from paid and reduced price students.

Are you already a non-pricing site?

If you are, then you may be missing out on the benefits of special assistance.

To find out if you are a good candidate for Special Assistance, please visit our interactive website on this provision at: www.ade.az.gov/health-safety/cnp/sa/ or contact Nicole Anderson, Special Assistance Coordinator at 602-364-2354.

SFNS EXAM COMING TO PHOENIX!

Join us for the ADE sponsored SFNS exam on **May 5, 2006** from 1-4pm and take the next step in the advancement of your career. The requirements to sit for the credentialing exam are:

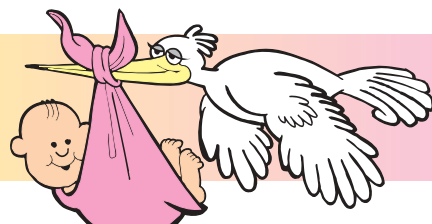
1. The applicant **must** hold a minimum of an Associate's Degree or an equivalent degree (60 semester hours)
2. Applicants **must** present evidence of one-year experience in school foodservice & nutrition gained during the past five years through one or more of the following types of employment:
 - School foodservice and nutrition at the school, district, state or federal level
 - Community nutrition programs (e.g., child care, Headstart)
 - College/university staff/faculty, teaching and/or research in school foodservice & nutrition
 - SNA state or national association staff
 - Trainers/consultants/industry staff providing services to the school foodservice and nutrition market
3. Applicants **must** have completed, in addition to the previously described academic requirements, a minimum of 30 semester hours of specialized training in foodservice management, nutrition, business or a related area.

OR

Supervisor/director level work experience in child nutrition programs may be substituted for specialized training. After the year of work experience requirement previously described is met, one year of work experience may be substituted for each 10 semester hours of specialized training. Three years of work experience may substitute for the 30 semester hours.

To request a **Credentialing Handbook** that contains the credentialing application, please contact SNA at 1-800-877-8822. If you would like to purchase the **Credentialing Study Guide** please contact the SNA Emporium 1-800-728-0728

Congratulations to Holly Mueller and her husband on the birth of their daughter. Bryce was born on February 1, 2006, weighing 7 lbs, 8 oz.



Calendar of Events

Topic	Location	Date	Time
A+ School Lunch Workshop	Flagstaff	2/21-22	8-5
A+ School Lunch Workshop	Phoenix	3/8-3/9	8-5
Serving it Safe	Phoenix	3/28-3/29	9-3
Advanced Changing the Scene	Phoenix	2/16	8-5
SUCCESS	Phoenix	2/28	8:30-12:30
SNA LAC	Washington, DC	2/26-3/1	
SNAAZ Professional Growth Conference	Flagstaff	3/3-3/4	
Summer Food Kick off Event	Mesa	3/22	9-2
Summer Food Program Training	Phoenix	3/23	9-4
Summer Food Program Training	Tucson	3/28	9-4
Summer Food Program Training	Flagstaff	4/5	9-4
SFNS EXAM	Phoenix	5/5	1-4
Summer Food Program Training	Phoenix	5/17	9-4

play games!

Room: _____ Dates: _____

Start Time: _____ End Time: _____

Activity provided: _____

* Children must consume snacks on site.

play games!



Arts and Crafts!

Friends!

Let's get started



Arizona Department of Education
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